



Sun-sational Summer Safety By Rose Pongnon, RN

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Everyone needs sun exposure. However, everyone is susceptible to sunburn. The sun is the primary source of vitamin D, which helps us absorb calcium and have stronger bones. Unfortunately, regardless of one's skin tone, too much exposure without appropriate protection against the ultra-violet rays (UVR) emitted by the sun can lead to skin and eye damage, immune system suppression, and cancer. The most effective Preventive measures from the sun are:

- Avoid direct sun exposure from 10:00AM until 4:00 PM.
- If you must be outside, apply sunscreen 30-

minutes prior to going out.

- Don't forget the hands feet, ears, neck and shoulders. It is best to apply the sunscreen before putting on bathing suits.
- When shopping for

the right sunscreen, concentrate on the SPF (Sun Protection Factor). The SPF number tells how long you can be exposed without getting burned. For example, the application of an SPF 15 sunscreen provides 15 times the protection without any protection. So if you were to burn after 20 minutes, applying a liberal amount of SPF15 provides at least 5 hours of protection. For example, 20 minutes x 15 SPF= 300

minute (5 hours)

- Re-apply at least every 2 hours and after sweating and swimming.
 - Cover up. That is another level of good protection from the UV rays.
 - Dress light to avoid overheating.
 - Wear sunglasses that provide 100% UV protection
 - Use umbrellas or seek shade from trees
 - Do not apply sunscreen to children younger than 6 months- keep them out of the sun if possible or wear hats with wide rim.
- Source: NIH/Medline Plus/Nemour Foundation

Run a Minute, Walk a Mile

Special points of interest:

- Walkto Iraq Scavenger Hunt
- Stress Tips
- More cool recipies
- Moving through poses in yoga

Many people have in their minds that running is easy. I am one of those people. Running looks like the next, easy step-up from a fast walk. I enjoy walking, but I wanted to get a little more out of my workout to assure that I was burning off that extra bowl of ice cream. And so I started to run. Or, at least, I tried to start running. It is very hard. I have friends that are working on running marathons, and

I've decided that they are nuts. Running is tough work and it takes every ounce of determination that I have to make it past the half mile mark or up and over another hill. But it has become an obsession of mine. I may not run a marathon, but I have it in my brain that I will run a 5 or 10 K and complete it running. This is my goal and it gives me something to work towards that is not focused on weight-loss or

body-fat loss and more than anything when I complete this goal, I will have a great sense of accomplishment.

I asked my friend that runs marathons why he does it, his reply, "Have you ever crossed the finish line of a marathon? No, well, it's the greatest feeling in the world." I imagine that when we complete our goals, that we will feel much the same way.

I will try this day to live a simple, sincere and serene life, repelling promptly every thought of discontent, anxiety, discouragement, impurity and self-seeking....In particular, I will try to be faithful in those habits of prayer, work, study, physical exercise, eating and sleep which I believe God has shown me to be right.

Italian Potato Salad Submitted by Anonymous

Well folks, summer is around the corner. I can already smell the sweet aroma of barbecue as it feels the air. Picnics and potlucks are on everyone's mind. Well, almost everyone. For those of us who are diabetic, summer is not always so fun because of our diet limitations. Worry no more! Here is a simple diabetic recipe to help you get over your summer blues. And for those that are not diabetic, a diabetic diet is considered one of the most healthy diets in the world!

ITALIAN POTATO SALAD:

24 small red potatoes washed with skin left on
3 celery stalks chopped
1 red bell pepper diced
1/4 cup chopped scallions (or young green onions)
2 Tbsp olive oil
1 Tbsp balsamic vinegar
1/2 tsp red vinegar
1 tsp fresh parsley, chopped
ground pepper to taste

Boil potatoes for about 20 minutes. drain and let cool

for another 30 minutes. Then cut potatoes in large chunks and toss with celery, red pepper, and scallions. Combine dressing ingredients and pour over potato salad. Serve at room temperature.

Half (1/2) cup serving yields 122 cal; 5g fat; 19g carbohydrate; 2g protein; 0 mg cholesterol; 29 mg sodium.

Crock-pot Pork Provencal

By Janean Linder, RN



Good News! Good food, is good for you!

6 boneless pork chops (about 1/4" thick)
2 red bell peppers -- sliced 1/4" thick
1 onion -- thinly sliced
28 ounces canned whole tomatoes, with juice
4 cloves garlic
1/4 teaspoon thyme
1/4 teaspoon fennel seeds
1/2 teaspoon basil
3 orange peelings (just use clean peel

from an orange, not too much)
Salt and pepper -- to taste

Place all ingredients in crock-pot, mix thoroughly and cook on low 7 to 9 hours (or high 3 to 4 hours)

Before serving, taste the sauce and correct the seasoning if

necessary.

Per Serving: 132 Calories; 3g Fat (21.4% calories from fat); 15g Protein; 11g Carbohydrate; 3g Dietary Fiber; 57 mg Cholesterol; 72 mg Sodium. Exchanges: 0 Grain (Starch); 2 Lean Meat; 2 Vegetable; 0 Fruit; 0 Fat.

SERVING SUGGESTION: Steamed kale and roasted red potatoes: Cut washed potatoes in half (they should be smaller potatoes, otherwise cut them into smaller pieces) toss with enough olive oil to coat, some garlic powder and salt and pepper. Place in a 400 degree oven and bake till they're

browned on one side, flip them over and finish cooking. Mine usually take about 30 to 45 minutes, depending on the size of the potatoes.

VEGETARIANS: Skip the pork and use 1 pound of pre-soaked Great Northern beans.

Yoga Pose of the Month

Ok, in the last two editions, we have practiced breathing, focused on standing relaxed in mountain pose and then transitioned into the forward bend. Now, it is time to take a deep breath through your nose and exhale through your mouth. As you exhale, place your hands on the ground below your shoulders and stretch your legs back one at a time until your back is flat and your weight is resting on your arms and toes. Your abdominal muscles should be tight and

contracted. Think about your belly button. Think about your belly button touching your spine as you slowly breathe in and out. This is the plank position and is great work for your arms, back and abdominals. Continue to breathe. As you inhale, bring both your legs up and under you until your tail bone is reaching up to the sky. Continue to contract your abdominals as you pull your body up slowly while inhaling. Return to mountain pose inhaling and exhaling

while you allow all the muscles in your body to relax and let the positive energy flow through you. Feel strong, tall and smile because you have now mastered three poses and you are letting the strength of yoga improve your outlook each day! Keep moving!



Successful Stress by Rose Pongnon, RN

Have you been feeling overwhelmed lately? Well you are not alone. With the departure of our love ones to Iraq, life itself can sometimes be too much to handle. Although stress is a normal part of life, over time it can be harmful to the mind and body. According to the National Institute of health, the most effective solution to reduce stress is to find and address its source. Unfortunately for us military spouses, we may know what might be making us "stress out" but sometimes there's nothing we can do to change it. The following may help you better cope with stress:

1. Talk to someone you trust (very often, talking to someone who cares about you is all that is needed to relieve your anxiety).

2. Eat a well balance diet
3. Get enough sleep
4. Exercise at least 30 minutes a day, most days of the week.
5. Limit caffeine and alcohol, don't use drugs
6. Learn and practice relaxation techniques such as yoga, meditation, or read a book that interests you.
7. Don't live a sheltered life: get out; Enjoy the company of others; Go for a stroll in the neighborhood; enjoy the wonders of nature.
8. Take breaks from work. Get involved in your community.

The most important is to try your best to balance your responsibilities with fun activities. That will reduce your stress level, allow you to live a healthier life-

style and avoid the pitfalls of extreme anxiety. If all this fails, contact your social worker, chaplain, Army Community Service or mental health advisor for help and support. Your community is here for YOU! (Modified from nih.gov).

The only thing you truly have control over in this life is yourself. You may want to change others, but it is only yourself that you can truly change.

US Army MEDDAC-Wuerzburg

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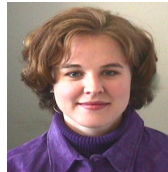
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Big Red Wellness

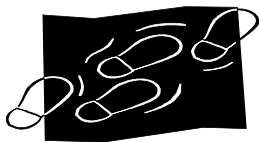
Big Red Wellness is the Wuerzburg-MEDDAC'S commitment to the total well being of their soldiers, families, civilians and employees. Our Wellness programs are unique as we are committed to bringing our wellness services to you. Our mobilized wellness program, "Wellness Works," has three iterations focused on your needs. There is a Unit menu, worksite menu and Stairwell/FRG menu created so that you can order a variety of wellness services! Through evaluation of population health and customer feedback, we assure that our program goals continue to meet your health needs.



Mrs. Anna Courie , RN, MS is the Health Promotion and Wellness Coordinator for the WMED-DAC and 417th BSB. Through coordinating hospital and community partnerships, she assures that community needs are met. We do this through the monthly Community Wellness Council meeting. If you have an agenda item that you would like addressed to the council, please contact Mrs. Courie.

Mrs. Courie loves to travel, hike, read and cook. Her hardest Wellness principle to remember is that moderation is the key!

Walk to Iraq and Back: New Scavenger Hunt!



I can walk to Iraq, I can walk there and back! I can walk here, I can walk there, I can walk anywhere! I Can, I Can, I can! I can walk to Iraq, I can walk there and back!

There has been a great deal of buzz around the community regarding the Walk to Iraq and Back program. Official mileage recording began 1 February, and participants will have until 1 March 2005 in which to accumulate the 2,000 miles to Iraq and the 2,000 miles back. You can walk, bike, swim, hike or any other activity that you can measure in miles. Below are a list of the "official" directions:

- 1st Infantry Division Program in partnership with the 100th ASG, 98th ASG and WMED-DAC in which members of the 1st Infantry Division and attached units may participate in a regular exercise program to accumulate the miles to Iraq and Back.
- Interested participants can contact their Battalion level FRL for more information or

the Division FRL, Scott Hamilton at 350-6357.

- New Walk to Iraq Scavenger Hunt: Need a boost on your miles? Try out the 100 bonus mile Scavenger Hunt that can be completed at any time: To get your Scavenger Hunt, log onto: <http://www.wuerzburg.healthcare.hqusareur.army.mil/Wellness/index.htm> to download your copy. Turn in completed form at the next Fitness Assessments!
- To receive a fitness assessment and wellness goal contract, participants should plan to attend one of the Civilian Fitness Program assessments in their community. Next assessments are for September 2004!
- Miles! Plan a year-long Wellness goal as an individual! Complete your year long Wellness goal: 2,000 individual bonus miles! Participating with your FRG? Complete your wellness goal: 300 bonus miles to the group!
- Double Miles: Awarded for participation in community fitness activities (Run/Walks), Volksmarches and other military marches!
- Turn your mileage into your FRL or FRG every month for both the individual and the FRG pro-